

S3 Table. Average composition of cattle, sheep, and goat milk and products based on data summarized in [76-79].

Species	Dairy Product	Lactose (%)	Proteins (%)	Fat (%)	Reference
Cattle (<i>Bos taurus</i>)	Milk	5.42	3.15	3.25	59, 64
	Yogurt	3.56	3.47	3.25	59, 64
	Soft cheese (e.g., cottage cheese)	0.6	11	4.3	59, 64
	Hard cheese (e.g., cheddar)	0.003	25	33	59, 64
Sheep (<i>Ovis aries</i>)	Milk	4.88	5.59	6.82	79
	Soft cheese (e.g. feta)	1.8	16.1	20.2	76
	Hard cheese (e.g., Pecorino)	0.2	25.8	32	76
Goat (<i>Capra hircus</i>)	Milk	4.52	3.56	4.51	Averaged values of those presented in 79, Table 1
	Soft or whey cheese (e.g., ricotta)	2.9	7	21	77, 79
	Hard cheese	1.4	30	27	78, 79